

Evidence table

Reference (include title, author, journal title, year of publication, volume and issue, pages)	Evidence level (I-VII)	Key findings, outcomes or recommendations
Baley, J. (2015). Skin-to-Skin Care for Term and Preterm Infants in the Neonatal ICU. <i>PEDIATRICS</i> , 136(3), pp.596-599.	V	<ul style="list-style-type: none"> • increased length of any breast-feeding relative to SSC being provided in hospital • improved attachment or bonding • parents more responsive to baby's cues • Premature babies have more mature sleep organisation
Blomqvist, Y., Ewald, U., Gradin, M., Nyqvist, K. and Rubertsson, C. (2012). Initiation and extent of skin-to-skin care at two Swedish neonatal intensive care units. <i>Acta Paediatrica</i> , 102(1), pp.22-28.	VI	<ul style="list-style-type: none"> • RCT design considered unethical for this kind of study • Early SSC has a positive impact on time parents spend caring for their babies during their hospital stay • This article touches on staff unfamiliarity or discomfort with SSC
Davanzo, R., Brovedani, P., Travan, L., Kennedy, J., Crocetta, A., Sanesi, C., Strajn, T. and De Cunto, A. (2013). Intermittent Kangaroo Mother Care. <i>Journal of Human Lactation</i> , 29(3), pp.332-338.	VII	<ul style="list-style-type: none"> • Parental and newborn benefits • Length of time that SSC should last for giving justification for same • Other methods of providing comfort to newborn when SSC is contraindicated • Clarification of contraindications and relative contraindications to SSC
El-Farrash, R., Shinkar, D., Ragab, D., Salem, R., Saad, W., Farag, A., Salama, D. and Sakr, M. (2019). Longer duration of kangaroo care improves neurobehavioral performance and feeding in preterm infants: a randomized controlled trial. <i>Pediatric Research</i> .	II	<ul style="list-style-type: none"> • Newborns who receive SSC for long durations reach full enteral feeds faster, better thermoregulation and tissue oxygenation • Better neurobehavioural performance achieved with longer durations of regular SSC
Hubbard, J. and Gattman, K. (2017). Parent–Infant Skin-to-Skin Contact Following Birth: History, Benefits, and Challenges. <i>Neonatal Network</i> , 36(2), pp.89-97.	V	<ul style="list-style-type: none"> • Promotion of newborn growth particularly premature newborns • Focus on benefits for mothers and fathers broken down into separate categories
Hurley, A. and Harrison, C. (2019). Kangaroo care was as effective as sucrose for painful procedures for babies in the neonatal intensive care unit. <i>Archives of disease in childhood - Education & practice edition</i> , pp.edpract-2019-318095.	II	<ul style="list-style-type: none"> • Use of SSC in reducing procedural pain for neonates • SSC could be used as an alternative to sucrose

Evidence table compiled by Emily Dam for the Nursing Clinical Effectiveness Committee's Nursing Guideline [Skin to Skin Care](#).

<p>Karlsson, V, Heinemann, A, Sjors, G, Hedberg Nykvist, K & Agren, J (2012), 'Early Skin-to-Skin Care in Extremely Preterm Infants: Thermal Balance and Care Environment', <i>Journal of Pediatrics</i>, 161(3): 422-426.</p>	<p>III</p>	<ul style="list-style-type: none"> • The safety of SSC extreme pre-term infants taking into account evaporative and convective heat loss.
<p>Kelley-Quon, L., Kenney, B., Bartman, T., Thomas, R., Robinson, V., Nwomeh, B. and Bapat, R. (2019). Safety and feasibility of skin-to-skin care for surgical infants: A quality improvement project. <i>Journal of Pediatric Surgery</i>, 54(11), pp.2428-2434.</p>	<p>IV</p>	<ul style="list-style-type: none"> • Discussion around change to NICU culture • Importance of SSC for infants with the need for surgical treatment
<p>Kymre, I. and Bondas, T. (2013). Balancing preterm infants' developmental needs with parents' readiness for skin-to-skin care: A phenomenological study. <i>International Journal of Qualitative Studies on Health and Well-being</i>, 8(1), p.21370.</p>	<p>V</p>	<ul style="list-style-type: none"> • Improved neurobiological development of the brain • Parental confidence is improved with family centred care and SSC
<p>Lorenz, L., Dawson, J., Jones, H., Jacobs, S., Cheong, J., Donath, S., Davis, P. and Kamlin, C. (2017). Skin-to-skin care in preterm infants receiving respiratory support does not lead to physiological instability. <i>Archives of Disease in Childhood - Fetal and Neonatal Edition</i>, 102(4), pp.F339-F344.</p>	<p>V</p>	<ul style="list-style-type: none"> • Proving instability is unlikely caused by SSC. Cerebral oxygenation and other physiological measurements are the same between infants receiving SSC or incubator care.
<p>Mangan, S & Mosher, S (2012), 'Challenges to Skin-to-Skin Kangaroo Care: Cesarean Delivery and Critically Ill NICU Patients', <i>Neonatal Network</i>, 31(4): 259-261.</p>	<p>VII</p>	<ul style="list-style-type: none"> • SSC can decrease maternal anxiety, enhanced maternal-infant attachment and increased maternal satisfaction with the birth experience. • Early positive breast-feeding experiences can have decreased incidence of post-partum depression for new mothers • Broad evidence base of SSC being safe for high risk neonates
<p>Mangat, A., Oei, J., Chen, K., Quah-Smith, I. and Schmöizer, G. (2018). A Review of Non-Pharmacological Treatments for Pain Management in Newborn Infants. <i>Children</i>, 5(10), p.130.</p>	<p>V</p>	<ul style="list-style-type: none"> • SSC is a great intervention for pain in newborns particularly for procedures due to its relatively high safety profile, accessibility to most patients, and ease of use.